1. A lock shoe system for a window comprising a vertical jamb and a sash mounted in the window for movement up and down alongside the jamb, the lock shoe system comprising:

a balance shoe mounted on the jamb for vertical movement on the jamb,

a platform on said balance shoe configured for vertical support of an item on said platform when an item is on said platform,

a bracket fixedly mounted on the sash,

a first arm mounted on said bracket for rotating about a first axis, configured for transferring lift from a first end of said first arm to said bracket, said first end of said first arm being on said platform,

a second arm mounted on said balance shoe for rotating about a second axis, a portion of said second arm spaced from said second axis comprising a second end configured for hooking to said jamb at at least one height along the vertical height of said jamb when said second arm is at a first rotary position of said second arm, said portion comprising a third end configured for extending through a first opening in said platform and through a second opening in said first arm when said second arm is at a second rotary position of said second arm.

2. The lock shoe system of claim 1 further comprising:

means on said second end for locking said third end in said second opening.

3. The lock shoe system of claim 1 further comprising:

said second axis is parallel to said first axis.

4. A lock shoe system for a window comprising a vertical jamb and a sash mounted in the window for movement up and down alongside the jamb, the lock shoe system comprising:

a balance shoe mounted on the jamb for vertical movement on the jamb,

a platform on said balance shoe configured for vertical support of an item on said platform when an item is on said platform,

a first arm mounted on said balance shoe for rotating about a first axis, a portion of said first arm spaced from said first axis comprising a first end configured for hooking to said jamb at at least one height along the vertical height of said jamb when said first arm is at a first rotary position of said first arm, said portion comprising a second end configured for extending through a first opening in said platform when said first arm is at a second rotary position of said first arm.

5. The lock shoe system of claim 4 further comprising:

means on said first end for locking said second end in said first opening.

6. A lock shoe system for a window comprising a vertical jamb and a sash mounted in the window for movement up and down alongside the jamb, the lock shoe system comprising:

a balance shoe mounted on the jamb for vertical movement on the jamb,

a platform on said balance shoe configured for vertical support of an item on said platform when an item is on said platform,

a first arm, pivotally mounted on said sash for rotating about a first axis, configured for transferring lift from a first end of said first arm to said sash, said first end of said first arm being on said platform,

a second arm mounted on said balance shoe for rotating about a second axis, a portion of said second arm spaced from said second axis comprising a second end configured for hooking to said jamb at at least one height along the vertical height of said jamb when said second arm is at a first rotary position of said second arm, said portion comprising a third end configured for extending through a first opening in said platform and into a second opening in said first arm when said second arm is at a second rotary position of said second arm.

7. A lock shoe system for a window comprising a vertical jamb and a sash mounted in the window for movement up and down alongside the jamb, the lock shoe system comprising:

a balance shoe configured for mounting on a jamb for vertical movement of said balance shoe on the jamb,

a platform on said balance shoe configured for vertical support of an item on said platform when an item is on said platform,

a first arm, means on said first arm for mounting said first arm on a sash for transferring lift from said first arm to the sash when said first arm is mounted on the sash, a first end of said first arm being on said platform,

a second arm mounted on said balance shoe for rotating about a first axis between a first position of said second arm and a second position of said second arm, a portion of said second arm spaced from said first axis comprising a second end configured for hooking to the jamb at at least one height along the vertical height of the jamb when the second arm is at the first position, said second arm being at the second position, said portion comprising a third end extending through a first opening in said platform and into a second opening in said first arm.

8. A method of installing a sash on a vertical window jamb on which a balance shoe is mounted,

comprising the steps of:

placing a first end of a first arm that is pivotally mounted on the sash, onto an upper surface of a protrusion on the shoe,

disengaging a first side of a second end of a second arm that is pivotally mounted on the shoe from the jamb, moving an extension of a second side of the second end through a first opening in the protrusion and into a second opening in the second arm.

9. The method of claim 8 further comprising the step of:

attaching the second end to the shoe after moving the extension into the second opening in the second arm.